I Am Not Alone:
An Oasis for Caregivers

Saturday, January 31, 9 am—3 pm
Downstairs at Bread of Life

On a conscious level as caregivers, we have made a choice and agreed to be present for those who are suffering and in need of help. That choice, whether we are aware of it or not, is also a commitment to being changed by the work we do. In the midst of caring for others it is easy to lose sight of how our lives are affected by the daily exposure to those in need. While care-giving is rewarding, it is also demanding and often painful. The emotional, spiritual and physical repercussions of caring for others are real and contribute to compassion fatigue.

I Am Not Alone is a both a retreat and an exploration. We will explore how we are affected by those we serve on a daily basis. There will be time to reflect on the gifts and challenges of being a caregiver. We will use writing, sharing, quiet and nature throughout the day.

I Am Not Alone is a sacred space for introspection, rest, contemplation and connection with self and others.

Where: Bread of Life
Cost: $75 early bird by 1/16; $85 after 1/16
Register on line: www.breadoflife.org or send a check to our office including the name, address, and email for each registrant.

Rev. Julie Interrante, M.A. has more than 25 years’ experience in working with people in the midst of life-altering circumstances. She is an adjunct professor in the Department of Psychology at Sacramento City College. Julie is a speaker, minister and writer and is the author of The Power of a Broken-Open Heart. A gifted speaker and teacher, Julie brings humor, compassion and a deep respect for life to all she does. Please visit her website at www.julieinterrante.com.